

**Healthy Births Learning Collaborative  
SPA 4**

**February 14, 2008**

Meeting Location:

**Good Samaritan Hospital  
Cedar Room  
637 South Lucas Avenue  
Los Angeles, CA 90017**

Meeting Notes

**Meeting Objectives:**

1. LA Best Babies Network Update
2. Program Showcase: LAUSD CHAMP
3. Resource Guide Dissemination Plan Update
4. Continue 2008 Action Plan Discussion

**Co-Chair:** Mollie Miodovski

**Co-Chair:** Nancy Gutierrez

**1. Welcome and Introductions**

Ms. Gutierrez opened the meeting with a brief welcome and introductions.

**2. Business**

**LA Best Babies Network Update**

**a) Maternal Depression Workshop**

Ms. Radillo announced that The LA Best Babies Network will be hosting a Maternal Depression workshop on March 19, 2007, at the CA Endowment This will be an all day event on a first come, first serve basis. Registration forms were distributed at today's meeting.

**b) Breastfeeding-Friendly Workplace Policies Brochure**

Ms. Radillo informed group members about the 2007 Action Plan in SPA 2. This collaborative developed a Breastfeeding-Friendly Workplace Policies brochure in partnership with the Breastfeeding Task Force of Greater Los Angeles to increase breastfeeding rates among women returning to work.

One of the primary reasons that women quit breastfeeding is that they do not feel comfortable in continuing breastfeeding upon their return to work. The brochure highlights the benefits of providing a Breastfeeding-Friendly work environment for the working mother who breastfeeds.

We have copies available for organizations that you think would benefit from this brochure. To obtain copies please contact: Julie Gates at: [jgates@labestbabies.org](mailto:jgates@labestbabies.org).

### **3. Discussion**

**Program Showcase:** Los Angeles Unified School District CHAMP

Ms. Donna Menemshyan showcased the LAUSD CHAMP program.

The Children's Health Access and Medi-Cal Program (CHAMP) supports student academic achievement and promotes wellness by enrolling children and youth into health insurance programs. CHAMP provides information to parents and district staff on free or low cost medical insurance options.

The LAUSD CHAMP's goal is to ensure that every child in the Los Angeles Unified School District has health insurance.

LAUSD parents are encouraged to obtain Health Care Coverage for their kids. The following are some programs offered through the LAUSD CHAMP:

- Medi-Cal
- Healthy Families
- Healthy Kids
- Kaiser Permanente Child Health Plan
- Access for Infants and Mothers (AIM)
- And other programs, CHDP, CHDP Gateway.

#### **Benefits of Having Health Care Coverage:**

- Cost effective
- Some programs provide Long term/short term health care treatment
- Prevents illnesses from becoming severe

#### **Benefits of Child's Education**

- Increased school attendance = better grades
- Increased self-esteem = a motivated child

The CHAMP office has now a parent healthcare helpline, Please call **1- 866 -742 -2273** to obtain additional information on:

- Free and low-cost healthcare programs
- Program eligibility prescreening
- Linkage to enrollment assistance at local school sites
- Linkage to Local District and community health resources

- **Resource Guide Dissemination Plan Update**

As of today a total of 350 Teen Resource Guides have been distributed among the following agencies:

- LAUSD Teen Parent Program
- Project NATEEN
- March of Dimes (Comenzando Bien Clinics)
- Mi Doctora Clinic
- McAlister High School
- NuParent Program

Group members reported that adolescents like the Resource Guides and that they are teen friendly and very useful.

- **Continue 2008 Action Plan Discussion**

- ▶ Group members resumed the discussion regarding the teen pregnancy prevention poster. In September and October 2007, the LA County Department of Public Health Services provided PPOR data, including the number of repeat live births in LA County and in SPA 4 by age group and ethnicity.

- ▶ In **LA County** from 2001 to 2005 repeat live births to mothers ages 15 to 17 increased from 54.2% to 55.7%

- ▶ Repeat live births in **SPA 4 among Hispanic** mothers ages 15 to 17 increased from 69.7% to 72.7% from 2001 to 2005.

These were the potential community interventions recommended by the LA County Department of Public Health for the SPA 4 area:

- **Maternal Health/Prematurity**

- Managing health before becoming pregnant
- Family Planning Counseling
- **Pregnancy and childbirth health education targeting teens**
- Increase access to quality health care
- Screen for high risk conditions
- Health education, healthy weight, nutrition
- Early and routine prenatal care

- **Maternal Care**

- Preconception counseling
- Diabetes counseling
- Smoking cessation
- **Pregnancy and childbirth health education targeting teens**
- Increase access to quality health care
- Education on fetal movement monitoring after 28<sup>th</sup> week

- **Newborn Care**

- Family planning
- SIDS education (Back to Sleep)
- Genetic counseling
- Access to neonatal intensive care
- Increase access to quality newborn care

- **Infant Health**

- Family Planning
- Weight management
- Infant nutrition education
- Use of infant beds, discourage co-sleeping until infant is able to turn over
- “Back to Sleep” training for mothers and health care providers
- Smoking cessation
- SIDS education
- Well-baby check-ups

- ▶ Group members discussed that based on the data and the recommended interventions they want to tackle teen pregnancy in SPA 4.

- ▶ At the last two meetings HBLC members have discussed the development of a poster to promote teen pregnancy prevention. Group members brought in samples of

posters to both the last meeting and today's meeting that promote teen pregnancy prevention and discussed that existing posters do not reflect the needs of the SPA 4 area, due to the demographic characteristics of teen girls in SPA 4. The challenges are different in each of the eight geographic areas. Group members that work with pregnant teens in SPA 4 reported that they have observed an increase in younger girls becoming pregnant over the last couple of years. We discussed that we want to focus our efforts towards prevention, and we agreed on targeting adolescents ages 13 to 17 years of age.

- ▶ Group members suggested that the poster should be bilingual in English and Spanish.
- ▶ A suggestion was made to have a contest among adolescents to develop the poster. The poster will include messages on contraceptives. This will be further discussed at the next meeting.
- ▶ Mr. Donovan volunteered to speak to Ms. Jeanne Smart regarding our intervention in SPA 4 and how we could be more effective in reaching this age group with limited resources, as Ms. Smart has experience in working with this specific population of teens.
- ▶ Group members discussed that educating parents on how to talk to their kids about sexuality at an early age can be an effective method in decreasing teen pregnancy. They also talked about the possibility of conducting workshops for parents to encourage them to talk to their teens about pregnancy prevention. No consensus was reached.

#### **4. Next Steps**

- ▶ Group members discussed the need of additional meetings in order to meet our action plan deadline which is December 31, 2008, and agreed on adding an additional meeting March 13, 2008.

#### **Meeting Location:**

Good Samaritan Hospital  
Palm Oak Room  
637 S. Lucas Avenue  
Los Angeles, CA 90017

#### **5. Announcements**

#### **6. Adjournment**